

Caregiver Wellness Tracker—A Simple Tool for Stress and Sleep Monitoring

Ready-to-Use Caregiver Wellness Tracker Template

Date: _____ | **Shift:** ☐ Day ☐ Night ☐ 24-hour

A. Stress Level

On a scale of 0–10, my stress level today is: _____

B. Stress Triggers (check any that apply)

- ☐ Heavy workload ☐ Client behavior ☐ Lack of sleep ☐ Family/personal stress
☐ Physical pain ☐ Financial concern ☐ Emergency event ☐ Other: _____

C. Sleep Record

- Bedtime: _____ Wake-up: _____
- Total sleep hours: _____
- Sleep quality: ☐ Poor ☐ Fair ☐ Good
- Interruptions: _____

D. Mood & Energy

Mood: ☐ Sad ☐ Neutral ☐ Positive

Energy: ☐ Low ☐ Medium ☐ High

E. Physical Health

☐ Headache ☐ Back pain ☐ Fatigue ☐ Skipped meals ☐ Dehydrated

F. Coping Strategies Used Today

- ☐ Deep breathing ☐ Walk/exercise ☐ Peer support ☐ Music/relaxation
☐ Journaling ☐ Prayer/meditation ☐ Breaks during shift

G. Notes/Reflections
